

CESBA PROVINCIAL FINAL EXAM

VERSION 1

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NAME: _____ DATE: _____

- I. This examination is to be completed with pen or pencil only. No other aids (calculators, notes or texts) nor tutorial help are permitted.
- II. The maximum time allotted for the examination is two and one half (2 ½) hours (total).
- III. Answers to the questions are to be recorded on the provided bubble sheet.
- IV. Multiple or unclear answer markings will be marked as incorrect answers. No mark will be given for unanswered questions.
- V. There are 159 questions on the exam.
- VI. DO NOT begin the exam until instructed to do so.

GOOD LUCK!!

TRUE OR FALSE

Mark A for true. Mark B for false.

1. _____ The goal of health promotion is to reduce the risk of illness.
2. _____ A support worker can refuse to perform a delegated task.
3. _____ Tom, a support worker, feels that he is being harassed at work. Tom should ignore it to avoid causing trouble.
4. _____ All employees who work at an agency have the right to read the clients' or residents' records.
5. _____ Listen and use silence when dealing with an angry person.
6. _____ During systole, the heart chambers fill with blood.
7. _____ The pancreas is called the *master gland*.
8. _____ The rate of growth and development is even and at a set pace.
9. _____ All persons age at the same rate.
10. _____ Long-term care facilities are designed to meet the special needs of older and disabled persons.
11. _____ Pillows are used to position infants.
12. _____ Restraints are rarely used now.
13. _____ Household cleaners are kept in locked storage areas out of the reach of children and confused adults.
14. _____ Transmission-Based Precautions are used in the care of all persons.
15. _____ The muscles in the lower back are used to lift heavy objects from the floor.
16. _____ Push, slide, or pull heavy objects rather than lift them.
17. _____ The support worker is going to transfer Mrs. Jones from the bed to a chair. Mrs.

Jones should be moved so that her affected side moves first.

18. _____ The call bell is always kept within the client's reach.
19. _____ Soiled linen is placed on the floor in the client's room until the support worker is finished making the bed.
20. _____ Plastic bags or dry-cleaning bags can be used in the home to protect the mattress.
21. _____ Laura, the support worker, is providing oral care to an unconscious client. Laura should hold the client's mouth open with her fingers.
22. _____ The client can use the towel bar for support when getting in or out of the tub.
23. _____ Cut hair to remove matted or tangled hair.
24. _____ Support workers cut and trim toenails.
25. _____ The healthy adult excretes about 1500 mL of urine per day.
26. _____ Catheterization increases the risk of urinary tract infection.
27. _____ Ignoring the need to defecate can lead to constipation.
28. _____ Good oral hygiene and denture care improve the ability to taste.
29. _____ Support workers regulate IV solution flow rates.
30. _____ The brachial artery is used most often for taking a pulse.
31. _____ The blood pressure cuff is applied over clothing.
32. _____ The person with a contracture is permanently deformed and disabled.
33. _____ Illness and injury decrease the need for rest and sleep.
34. _____ Pain is personal. It differs for each person.
35. _____ Admission to a health care facility often causes anxiety and fear.
36. _____ The support worker may help orient a resident to his or her new environment.
37. _____ Parents should give their children ASA/aspirin for flu symptoms.

38. _____ A sterile field is a work area that is clean.
39. _____ Coughing and deep-breathing exercises help prevent pneumonia.
40. _____ Infants and children are at an increased risk for pressure injuries.
41. _____ Tape is used to secure a dressing. Tape should encircle the entire body part.
42. _____ Hot compresses and packs are left in place for 30 to 35 minutes.
43. _____ Infants and children are at great risk for rapid changes in body temperature.
44. _____ Altered respiratory function may be acute or persistent.
45. _____ The alarm on Mr. Adelstein's ventilator sounds. You should turn off the alarm and call the nurse.
46. _____ Self-care is a major goal of rehabilitation.
47. _____ A person may be unaware of gradual hearing impairment.
48. _____ Glaucoma is always sudden in onset.
49. _____ Chemotherapy affects only cancer cells.
50. _____ Cigarette smoking is the most common cause of emphysema.
51. _____ Anxiety is seen in all mental health disorders.
52. _____ Depression is uncommon in older persons.
53. _____ Dementia is a normal part of aging.
54. _____ Confused clients do not have the right to personal choice.
55. _____ Epilepsy always interferes with the ability to learn.
56. _____ Attitudes and sexual needs stay the same as a person ages.
57. _____ The support worker has finished bottle-feeding a baby. The formula remaining in the bottle is stored in the refrigerator.
58. _____ Cardiopulmonary resuscitation is done for cardiac arrest and fainting.

59. _____ With complete airway obstruction, the conscious person clutches at the throat.
60. _____ A client is having a seizure. The support worker must restrain the client's body movements to promote safety.
61. _____ Dying people continue to have psychological, social, and spiritual needs.
62. _____ Hospice care focuses on cures and lifesaving procedures.
63. _____ A prefix is a word element placed at the end of a word.

MULTIPLE CHOICE

Circle the BEST answer.

64. The Canadian Charter of Rights and Freedoms guarantees our right to:
- a. Mobility
 - b. Vote
 - c. Life, liberty, and security
 - d. All of the above
65. Which of the following statements about pressure injuries is true?
- a. A reddened area is the last sign of a pressure injury.
 - b. Soft areas are the common site for pressure injuries.
 - c. Shearing and friction do not cause pressure injuries.
 - d. Abdominal folds are high-risk areas for pressure injuries.
66. What is the major focus of home care?
- a. To enable people to remain independent in their homes
 - b. To prevent people from seeking medical treatment
 - c. To prevent persistent and contagious diseases
 - d. To reduce the number of outpatient procedures

67. A person's photograph is taken without permission. Which of the following rights has been violated?
- a. Right to dignity
 - b. Right to respect
 - c. Right to privacy
 - d. Right to safety
68. What is stress?
- a. The way one copes with and adjusts to everyday living
 - b. The emotional, behavioural, or physical response to an event
 - c. A mental or emotional response to everyday living
 - d. A vague, uneasy feeling, including a sense of impending danger or harm
69. Wrinkling of the skin is caused by which of the following?
- a. An increase in subcutaneous fat
 - b. Loss of elasticity in the skin
 - c. A decrease in subcutaneous fat
 - d. An increase in elasticity in the skin
70. A child deprived of food and clothing is an example of which?
- a. Physical neglect
 - b. Physical abuse
 - c. Emotional neglect
 - d. Sexual abuse

71. The ability to recognize, perceive, and have an understanding of another's emotions because of having had the same emotion or experience in your life is the definition of which term?
- a. Courtesy
 - b. Empathy
 - c. Work ethics
 - d. Politeness
72. Which statement about the client's bill of rights is correct?
- a. It represents basic rights for all people receiving care.
 - b. One bill of rights is used for all provinces and territories.
 - c. These only apply to older persons.
 - d. Facilities cannot write their own bill of rights.
73. Which statement about Standard Practices is true?
- a. Standard Practices are just for nurses.
 - b. Standard Practices involve treating all persons as if they were infected.
 - c. Standard Practices include wearing gloves when appropriate.
 - d. Standard Practices include wearing long gowns when making beds and giving a bed bath.
74. Which step of the nursing process includes carrying out the actions listed in the care plan?
- a. Nursing diagnosis
 - b. Planning
 - c. Implementation
 - d. Evaluation

75. How should the support worker answer a person's phone in the hospital?
- "Good morning. Mrs. Kemp's room."
 - "Good morning. Third floor."
 - "Hello."
 - "Good morning. Mrs. Kemp's room. Joan Bates, support worker, speaking."
76. The following statements relate to basic needs. Which is correct?
- People cannot meet their own needs.
 - Lower-level needs must be met before higher-level needs.
 - The need for self-actualization is always met.
 - The need for self-esteem is affected by illness.
77. As a patient, Mrs. Persaude has the right to:
- Considerate and respectful care
 - Information about her diagnosis, treatment, and prognosis
 - Refuse treatment
 - All of the above
78. Which part of the brain is largest and contains the centre of thought and intelligence?
- Cerebellum
 - Midbrain
 - Brain stem
 - Cerebrum
79. Where does digestion begin?
- In the stomach
 - In the esophagus

c. In the mouth

d. In the duodenum

80. What is the outer layer of the skin called?

a. Dermis

b. Epidermis

c. Integument

d. Myelin

81. Which is *NOT* a developmental task of adolescence?

a. Accepting change in appearance

b. Becoming independent from parents and adults

c. Developing leisure time activities

d. Developing morals, values, and attitudes needed to function in society

82. What are changes in psychological and social functioning called?

a. Growth

b. Development

c. A reflex

d. A stage

83. Residents of long-term care facilities have the right to:

a. Make telephone calls in private

b. Participate in planning their care

c. Receive mail unopened

d. All of the above

84. Retirement often results in which of the following?
- a. Lowered income
 - b. Physical changes from aging
 - c. Companionship and usefulness
 - d. Financial security
85. Which of the following is correct when cleaning up a spill of body fluid?
- a. Always wear gloves.
 - b. Use paper towels to absorb fluid.
 - c. Dispose of the towels in waterproof bags.
 - d. All of the above.
86. How should the support worker respond when dealing with an agitated person?
- a. Stand as close to the person as possible.
 - b. Move close to the door.
 - c. Touch the person to calm them.
 - d. Talk to the person loudly in a firm manner.
87. Johan, a support worker, made an error while providing care. When should he report this?
- a. At the end of his shift
 - b. Never, unless a client was injured
 - c. To the person's family when they visit
 - d. Immediately

88. Why is age a factor in safety?
- a. Young children have not learned what is safe and what is dangerous.
 - b. Infants are helpless.
 - c. Physical changes from aging can affect balance and movements.
 - d. All of the above.
89. A microbe that is harmful and causes infection is:
- a. A reservoir
 - b. A pathogen
 - c. A non-pathogen
 - d. Normal flora
90. Mrs. Adams is in isolation. Which is incorrect?
- a. Say hello from the doorway often.
 - b. Treat her with respect, kindness, and dignity.
 - c. Provide hobby materials if possible.
 - d. Spend as little time in her room as possible.
91. Which of the following statements is correct?
- a. Standard Practices are used for all persons.
 - b. Standard Practices prevent the spread of pathogens through the air.
 - c. Standard Practices require gowns, masks, gloves, and protective eyewear.
 - d. Standard Practices involve medical and surgical asepsis.
92. When log-rolling a person, what should the support worker do?
- a. Make sure the bed is in the Fowler's position
 - b. Lower the bed to the lowest position

- c. Lower both bed rails
- d. Turn the person as a unit in alignment with one motion

93. The client's unit:

- a. Is arranged for staff convenience
- b. Should always have dim lighting
- c. Should be as personal and homelike as possible
- d. Is kept clean by the client

94. The overbed table should NOT be used for which of the following activities?

- a. For eating
- b. As a working surface
- c. To store the urinal
- d. To store shaving articles

95. Which is correct when handling linens?

- a. Shake linens in the air to remove wrinkles.
- b. Place dirty linens on the floor.
- c. Collect linens in the order of use.
- d. Return unused linens to the linen closet.

96. What should the support worker remember to do when giving Mr. Verma a back massage?

- a. Warm the lotion before applying it
- b. Make the massage last about 45 minutes
- c. Use gentle strokes
- d. Always wear gloves

97. What is the infestation of the body with lice called?
- Pediculosis corporis
 - Dandruff
 - Pediculosis pubis
 - Pediculosis capitis
98. When assisting Mr. Gomez with shaving, what should the support worker remember to do?
- Massage the skin before shaving
 - Hold the skin taut as necessary
 - Shave away from the direction of hair growth
 - Report nicks or cuts to the nurse before the end of his or her shift
99. Which is the correct term for frequent urination at night?
- Polyuria
 - Nocturia
 - Dysuria
 - Urgency
100. What is the goal of bladder training?
- To remove the catheter
 - To allow the person to walk to the bathroom
 - To gain voluntary control of urination
 - All of the above
101. Which statement about an ileostomy is true?
- The stool is formed.
 - Good skin care is essential.

- c. The entire small intestine has been removed.
- d. All pouches are “one size fits all” and fit well.

102. Which statement about enemas is *false*?

- a. Enema solutions should be 40.5°C (105°F).
- b. The left Sims’ position is used for an enema.
- c. The enema bag is held 30 cm above the anus.
- d. The enema solution is administered rapidly.

103. Canada’s Dietary Guidelines include all of the following recommendations, EXCEPT:

- a. Eat a variety of healthy foods each day
- b. Ensure half of your plate is comprised by vegetables and fruit
- c. Make water your drink of choice
- d. Choose a diet that is high in sodium

104. Mrs. Sanchez has an order for NPO. Which of the following is correct?

- a. Fluids are restricted.
- b. Records of oral intake are kept.
- c. She cannot eat or drink anything.
- d. She is encouraged to drink a variety of fluids.

105. Which food groups contain the most fat?

- a. Breads, cereal, rice, and pasta
- b. Fruits
- c. Milk, yogurt, and cheese
- d. Meat, poultry, fish, dry beans, eggs, and nuts

106. Which statement about feeding a person is true?

- a. Ask if he or she wants to pray before eating.
- b. Always use a tablespoon to feed the person.
- c. Always serve vegetables first.
- d. Never speak to the person when feeding them.

107. Which of the following statements about documentation is false?

- a. Record in a logical manner.
- b. Use a pencil.
- c. Chart a procedure after it is completed.
- d. Document the care provided.

108. Normal respirations are:

- a. Between 12 and 20 per minute
- b. Loud and effortless
- c. Irregular, with both sides of the chest rising and falling equally
- d. Between 60 and 80 per minute

109. Bed cradles are used to:

- a. Keep the weight of top linens off the feet
- b. Keep the hips abducted
- c. Prevent plantar flexion
- d. Prevent the mattress from sagging

110. Which statement about range-of-motion (ROM) exercises is incorrect?

- a. ROM exercises can cause injury if not done correctly.
- b. The nurse tells you which joints to exercise.

- c. The joint is moved past the point of pain.
- d. The joint is moved slowly, smoothly, and gently.

111. Which statement about ambulation is false?

- a. A transfer belt is used if the client is weak or unsteady.
- b. The client should not dangle his or her legs prior to ambulating.
- c. Walking aids may be needed permanently or temporarily.
- d. Crutches, canes, walkers, and braces are common walking aids.

112. Pain that is felt in a part of the body that is no longer there is:

- a. Acute pain
- b. Phantom pain
- c. Radiating pain
- d. Chronic pain

113. Mr. Samod has difficulty sleeping, and he awakens several times during the night. He has difficulty answering your questions and seems moody. His pulse is irregular, and his eyes are red and puffy. He is showing signs of:

- a. Insomnia
- b. Sleep deprivation
- c. Enuresis
- d. Distraction

114. Deborah, a support worker, is assisting with Mrs. Dillan's admission. While Deborah is performing vital signs, Mrs. Dillan complains of severe abdominal pain. What should Deborah do first?

- a. Call the doctor
- b. Finish the admissions process and then report Mrs. Dillan's complaint of pain to the nurse
- c. Call the nurse immediately
- d. Tell Mrs. Dillan not to worry because her doctor will see her soon

115. How does the support worker promote comfort?

- a. By keeping bed linens loose
- b. By not allowing visitors
- c. By assisting with elimination needs
- d. By always keeping the client in a sitting position

116. How can the support worker help to prevent pressure injuries?

- a. Massage reddened areas over bony prominences
- b. Use oily soap
- c. Remove tight clothing
- d. Reposition the client every 4 hours

117. The support worker can assist in Mr. Long's psychological preparation by explaining:

- a. The reason for the surgery
- b. The procedures the support worker is doing
- c. The risks and possible complications of surgery
- d. What to expect during the preoperative and postoperative periods

118. A laceration is:

- a. A closed wound caused by a blow to the body
- b. A partial-thickness wound caused by the scraping away of skin
- c. An open wound with torn tissue and jagged edges
- d. The collection of blood under the skin and tissue

119. Which drainage is green, yellow, or brown in colour?

- a. Serous drainage
- b. Sanguineous drainage
- c. Serosanguineous drainage
- d. Purulent drainage

120. A wound is red and swollen, and the area around it is warm to the touch. These are signs of:

- a. The inflammatory phase of wound healing
- b. The proliferative phase of wound healing
- c. Healing by primary intention
- d. Healing by secondary intention

121. Heat applications are used for all of the following, EXCEPT to:

- a. Relieve pain
- b. Control bleeding
- c. Relax muscles
- d. Decrease joint stiffness

122. These statements are about moist heat applications. Which is false?

- a. Water is in contact with the skin.
- b. The effects of moist heat are less than those of a dry heat application.

- c. Moist heat penetrates deeper than dry heat.
- d. The temperature of a moist heat application is lower than that of a dry heat application.

123. The lack or absence of breathing is called:

- a. Dyspnea
- b. Apnea
- c. Hypoxia
- d. Orthopnea

124. The worst way to manage stress is to:

- a. Deny it
- b. Adapt to it
- c. Modify it
- d. Avoid it

125. The support worker can assist to prevent pressure injuries by doing all of the following, EXCEPT which action?

- a. Providing good skin care
- b. Turning and repositioning the client as directed
- c. Performing range-of-motion exercises with the client as directed
- d. Keeping skin moist

126. Salia, a support worker, has been caring for Mr. Clark and is feeling frustrated by his slow progress. What should Salia do?

- a. Tell Mr. Clark that she is frustrated
- b. Be firm and tell Mr. Clark that he must work harder
- c. Discuss her feelings with the nurse

d. Ask a co-worker to care for Mr. Clark

127. Which statement about caring for a client undergoing rehabilitation is true?

a. Sympathy and pity help the person adjust to the disability.

b. A support worker should know how to apply self-care devices.

c. A support worker doesn't need to know how to use the equipment.

d. An attitude of sympathy must be conveyed to the client.

128. A cataract is an eye disorder in which:

a. The optic nerve is damaged

b. Pressure within the eye is increased

c. The lens becomes cloudy

d. Severe eye pain is common

129. Mrs. Linn has had a stroke. Which is correct?

a. Rehabilitation would occur after the stroke.

b. You are not responsible for providing emotional support.

c. Good skin care is not important for her.

d. Encourage coughing and deep breathing.

130. Which statement about multiple sclerosis is correct?

a. The onset is sudden.

b. Symptoms usually start after age 60.

c. Men are affected more than women.

d. Blurred vision and double vision occur first.

131. Vomiting is dangerous because of the possibility of:

- a. Aspiration
- b. Cardiac arrest
- c. Fluid retention
- d. Stroke

132. These statements are about HIV (human immunodeficiency virus) and AIDS (acquired immune deficiency syndrome). Which is false?

- a. Standard Precautions are practised.
- b. There may be signs and symptoms of central nervous system damage.
- c. The person is at risk for infection.
- d. The person always shows some signs and symptoms.

133. What is a word that describes a person's feelings, emotions, and moods and the way the person demonstrates them?

- a. Phobia
- b. Personality
- c. Affect
- d. Id

134. The most common type of dementia is:

- a. Multi-infarct dementia
- b. Alzheimer's disease
- c. Stroke
- d. Syphilis

135. *Sundowning* means that:

- a. The client becomes sleepy when the sun sets
- b. Behaviours become worse in the late afternoon and evening hours
- c. Behaviour improves at night
- d. The client is in the third stage of the disease

136. *Spastic* means:

- a. Mentally challenged
- b. Continuous writhing motions of the trunk, arms, and legs
- c. Uncontrolled contractions of the skeletal muscles
- d. Paralysis of both arms and legs

137. *MSDS* stands for:

- a. Metals and solvents data sheet
- b. Material safety data sheet
- c. Medical survey data sheet
- d. None of the above

138. Sexual activity:

- a. Always involves intercourse
- b. Is not allowed in long-term care facilities
- c. Involves handholding, touching, and embracing
- d. Is unhealthy for older persons

139. Mr. Cole is masturbating in the dining room. The support worker should do all the following, EXCEPT:

- a. Cover him and take him quietly to his room
- b. Scold him for his bad behaviour
- c. Provide privacy and protect his rights
- d. Report the behaviour to the nurse

140. A pinkish brown vaginal drainage that lasts for about 10 days after birth is called:

- a. Lochia serosa
- b. Cesarean
- c. Lochia rubra
- d. Lochia alba

141. Zach's cord has not yet healed. His diaper should be:

- a. Loose over the cord
- b. Snug over the cord
- c. Below the cord
- d. Disposable

142. When providing emergency care, which is incorrect?

- a. Know your limits. Do not do more than you are able.
- b. Call for help.
- c. Move the person to a more comfortable place.
- d. Keep the person warm.

143. Which of these steps would *NOT* be helpful in caring for a confused client?

- a. Call the client by name each time you have contact with him or her.
- b. Keep clocks and calendars in the client's room.
- c. Maintain a daily routine of activities.
- d. Prior to beginning care, describe your plan for the entire shift.

144. Care of the dying person includes all of the following, EXCEPT:

- a. Providing frequent oral hygiene
- b. Providing good skin care
- c. Positioning the person in good body alignment
- d. Active and passive range-of-motion exercises

145. Shortened forms of words or phrases are:

- a. Suffixes
- b. Word elements
- c. Abbreviations
- d. Medical terms

146. Events or situations that cause stress are known as:

- a. Stressors
- b. Life events
- c. Changes
- d. Negative thoughts

147. The relaxation technique that involves breathing slowly through your nose and repeating a single syllable is known as:

- a. Visualization
- b. Mindfulness
- c. Meditation
- d. Biofeedback

148. According to Maslow, which of the following best represents our most basic needs?

- a. Self-respect
- b. Food and shelter
- c. Protection from harm
- d. Receiving affection

149. Each gram of carbohydrates supplies how many calories?

- a. 2
- b. 4
- c. 7
- d. 9

150. As unregulated health care professionals, support workers are accountable to:

- a. Their supervisors
- b. Their clients
- c. Their employees
- d. All the above

151. The canal that leads to the primary internal female reproductive organs is the:

- a. Vagina
- b. Urethra
- c. Perineum
- d. Clitoris

152. The person or population that comes in contact with a pathogen is called the:

- a. Vector
- b. Host
- c. Pathogen
- d. Vehicle

153. What are the substances your body produces when you are immunized by vaccines?

- a. Antibacterial proteins
- b. Antitoxic proteins
- c. Antibodies
- d. Microphages

154. The term for high blood pressure is:

- a. Peripheral vascular disease
- b. Hypotension
- c. Hypertension
- d. Systolic elevation

155. The term *myocardial infarction* describes:

- a. An infection of the pericardium
- b. A heart attack
- c. A spasm of the heart
- d. Hardening of the heart

156. The blockage of the blood supply to a portion of the brain causes a:

- a. Stroke
- b. Blackout
- c. Heart attack
- d. Dizzy spell

157. Introduced in 1948, universal hospital insurance became the foundation of the Canadian health care system. In which Canadian province or territory did it begin?

- a. British Columbia
- b. Ontario
- c. Quebec
- d. Saskatchewan

158. During which stage of Kübler-Ross's Stages of Grief does the person question why this is happening and have strong feelings of resentment?

- a. Bargaining
- b. Anger
- c. Depression
- d. Denial

159. All the following are possible physical symptoms of a panic attack, EXCEPT:

- a. Increased heart rate
- b. Rapid breathing
- c. Feeling light-headed
- d. Increased appetite